



ALBERTA'S TOUGHER COVID-19 RESTRICTIONS

Some of these restrictions, such as sports and physical activities, were enacted on Nov. 27. These measures will be in effect for at least four weeks, which will include the Christmas period. Not all measures are listed here; check Alberta.ca for details.

Gatherings

Effective immediately:

- All indoor and outdoor social gatherings – public and private – are prohibited.
- Festivals, parades, events, concerts, exhibitions, competitions, sport and performance remain prohibited.
- Close contacts are limited to household members only.
- People who live alone allowed up to two close contacts for in-person visiting. Those two people must remain the same for the duration of the restriction period.
- Weddings and funerals limited to 10 participants and guests. No receptions allowed.

Masking

Effective immediately:

- Province-wide mandatory requirement for indoor public spaces. Applies to all indoor workplaces and facilities outside the home. Farms are excluded.

Work from home

Effective Dec. 13:

- Mandatory work from home unless employer determines that physical presence is required.

Places of worship

Effective Dec. 13:

- Gatherings limited to 15 per cent of fire code occupancy.
- Drive-in services allowed, but individuals cannot leave their vehicles.

Restaurants/bars

Effective Dec. 13:

- Restaurants, pubs, bars, lounges and cafes will be closed to in-person service. Only takeout, curbside pickup and delivery services are permitted.

Recreation

Effective Dec. 13:

- Casinos, bingo halls, gaming entertainment centres, racing entertainment centres, horse tracks, raceways, bowling alleys, pool halls, legions, and private clubs must close.
- Fitness centres, recreation centres, pools, spas, gyms, studios, day and overnight camps, indoor rinks and arenas must close.
- Community halls and centres, indoor children's play centres and indoor playgrounds, theatres, auditoriums, concert halls, and community theatres, nightclubs, banquet halls and conference centres must close.
- Outdoor recreation is allowed, but facilities with indoor spaces except for washrooms will be closed.

Culture

Effective Dec. 13:

- Libraries, science centres, interpretive centres, museums, galleries, theatres, concert halls, amusement parks and water parks must close.

Retail, malls

Effective Dec. 13:

- Stores must reduce customer capacity to 15 per cent of fire code occupancy, with a minimum of five customers.
- Shopping malls limited to 15 per cent of fire code occupancy.
- Wellness services, including hair salons, nail salons, massage, tattoos, and piercing, must close.

Fitness and sport

Effective Dec. 13 (some measures were enacted Nov. 27):

- Group physical activities, including team sports, fitness classes and training sessions, are prohibited or restricted.
- Indoor group fitness activities prohibited unless involving students in educational program or members of same household.
- One-to-one indoor training, such as training with a fitness trainer or coach, is not permitted.

Hotels, travel

Effective Dec. 13:

- Hotels may remain open but must follow restrictions – no spas, pools or in-person dining. Room services only.
- All out-of-town travel is discouraged.
- Out-of-town visitors cannot stay in other people's homes while restrictions are in place.



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Bend the Curve

Due to Alberta's high case numbers, aggressive action is required now to protect our health system from being overwhelmed.

The current situation is critical. These mandatory restrictions apply province wide and will be in place at least until January 12, 2021.



Health officials are monitoring the situation and will adjust measures if required.

Gathering Restrictions

Alberta declared a State of Public Health Emergency to protect the health care system from COVID-19. Social gatherings are the top source of transmission.

Effective Dec. 8, all indoor and outdoor social gatherings are prohibited. This will be enforced with \$1,000 fines.

COVID-19 INFORMATION
**HELP
PREVENT
THE
SPREAD**

Prevention starts with awareness.
Be informed on how you can
protect yourself and others from
novel coronavirus:

- Self-isolate if you're feeling sick
- Wash your hands frequently
- Cover coughs and sneezes
- Avoid touching your face

Concerns about your health?
Call Health Link 811.

alberta.ca/covid19

Alberta

Financial Support

Financial support programs are available to help people, families and businesses facing hardship as a result of COVID-19, use the link below for more information about the supports listed here.

<https://www.canada.ca/en/department-finance/economic-response-plan.html>

Individuals and families

- Employment Insurance (EI) program
- Canada Recovery Benefit (CRB)
- Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)
- Mortgage payment deferral

Persons with disabilities

- Special one-time, tax-free, non-reportable payment

Post-secondary students and recent graduates

- Helping student loan borrowers

Seniors

- Temporarily extending the Guaranteed Income Supplement and Allowance payments
- Reduced minimum withdrawals for Registered Retirement Income Funds

Indigenous peoples

- Supporting Indigenous communities
- Boosting the On-Reserve Income Assistance Program
- Funding for additional health care resources for Indigenous communities
- Expanding and improving access to mental wellness services
- Making personal hygiene products and nutritious food more affordable
- Providing support to Indigenous post-secondary students
 - Ensuring a safe return to school for First Nations
 - New shelters to protect and support Indigenous women and children fleeing violence



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Why These Measures Are Needed

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Albertans have a responsibility to slow the virus's spread and make sure the health system can continue supporting patients with COVID-19, influenza and many other needs.

There is a time lag between when people get infected and when new cases are identified. This means the cases we see today were infected up to 2 weeks ago.

We must work together to protect each other. The greater the community spread, the more likely it will infect our loved ones most at-risk of severe outcomes, including death.

What else you should do

Albertans must continue following existing public health measures to keep everyone safe:

- Stay 2 metres apart when you can, wear a mask when you can't
- Practice good hygiene: wash your hands often and cover coughs and sneezes
- Monitor your symptoms every day
- If sick, stay home, get tested, and follow mandatory isolation requirements while waiting for results:
 - if positive, isolate from others for 10 days or until symptoms are gone, whichever is longer
 - if negative, stay home until you're better
- Avoid non-essential travel
- Get the flu shot to keep influenza cases low so health workers can focus on the COVID-19 pandemic
- Download and use the ABTraceTogether contact tracing app when out in public.

Help Prevent the Spread

- Wear a mask in public and in all indoor workplaces
- Avoid overcrowded public spaces
- Limit the number of people you come into close contact with
- Have your groceries or other items delivered, if possible, if you are at high risk of severe disease.



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COVID-19 INFORMATION
STAY SAFE, ALBERTA.
 Do the right things to help prevent the spread.
 We're all tired of COVID-19, but this fight isn't over. We all need to do the right things to prevent the spread -- and protect the most vulnerable.

Stay home if you're sick | Practice physical distancing | Wear a mask when you can't distance

Questions about your health? Call 811.
 Stay informed. alberta.ca/covid19 Alberta

VAD Holiday Hours

Voice of Albertans with Disabilities office will be closed for the following dates while we work from home and enjoy the holidays:

- December 22
- December 23
- December 24
- December 25
- December 28
- December 29
- December 30
- December 31
- January 1, 2021



Please leave a voice message at 780-488-9088 on the general mailbox if you require our services during this time and someone will call you back within a couple business days.


Regular service hours resume January 4, 2021. If you require immediate service, please call 211 for community resources, 811 for Alberta Health Services and 911 if this is a medical emergency.




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Voice of Albertans with Disabilities
would like to wish you and yours a very
Merry Christmas and a Happy New Year.



Sam



Margot



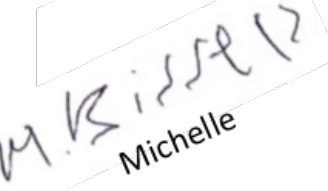
Teresa



Percy



Ava



Michelle

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